

## **Access to Mental Health Services Goals**

### **Goal**

Improve access to appropriate mental health services so as to enhance the overall mental health quality of life of Fond du Lac County residents.

### **Objective 1**

Fond du Lac County residents report (County Health Rankings/National Center for Health Statistics) of number of days that, "mental health was not good" will decrease by 10% by 2015.

### **Baseline**

Based on 2012 rankings, Fond du Lac County residents report (County Health Rankings/National Center for Health Statistics) of number of days that, "mental health was not good" is 2.8. Based on same data, overall number in Wisconsin is 3.0, and National Benchmark is 2.3 (90<sup>th</sup> percentile).

### **Activity 1a**

Decrease stigma of mental illness.

Activity	Timeframe	Resources Required	Lead	Anticipated Products or Results	Date Completed
Develop two year plan to include monthly community educational programs, monthly newspaper (hard copy and web) articles, and monthly radio shows to address identified topics (depression, anxiety, etc.)	3/1/13				
Secure funding to implement plan.	3/1/13				
Secure agreements with newspapers and radio stations to present programs.	4/1/13				

Secure space and dates/times to present face to face programs.	5/1/13				
Secure individuals to provide above indicated programs.	8/1/13				
Implement plan	9/1/13				
Have plan in place to ensure ongoing creation of two year plans to include monthly community educational programs, monthly newspaper (hard copy and web) articles, and monthly radio shows to address identified topics.	2/1/14				

### Activity 1b

Ongoing education of professional gatekeepers of current best practices.

Activity	Timeframe	Resources Required	Lead	Anticipated Products or Results	Date Completed
Develop on-line survey to distribute to identified professional gatekeepers requesting topics of interest for training.	11/1/12				
Begin review of survey results.	12/1/12				

Develop two year plan to include monthly community educational programs on best practice topics (face to face and website).	3/1/13				
Secure funding to implement plan.	5/1/13				
Secure funding to implement plan.	8/1/13				
Secure space, dates/times and CEU's.	5/1/13				
Secure individuals to provide training and website posting.	8/1/13				
Implement plan.	9/1/13				
Have plan in place to ensure ongoing two year plans to include monthly community educational programs on best practice topics (face to face and website).	2/1/14				

**Objective 2**

Percentage of Fond du Lac County residents reporting (County Health Rankings/National Center for Health Statistics) “They never, rarely or sometimes get the social and emotional support they need,” will decrease by 10% by 2015.

**Baseline**

Based on 2012 rankings, Fond du Lac County residents reporting (County Health Rankings/National Center for Health Statistics), “They never, rarely or sometimes get the social and emotional support they need,” is at 15%. Based on same data, overall percentage in Wisconsin is 17%, and National Benchmark is 14% (90<sup>th</sup> percentile).

**Activity 2a**

Enhance Wellness Initiatives and Participation.

Activity	Timeframe	Resources Required	Lead	Anticipated Products or Results	Date Completed
Identify key wellness (vs. illness) topics (stress management, mindfulness, meditation, resilience, etc.).	10/1/12				

Develop two year plan to include monthly community educational programs, monthly newspaper (hard copy and web) articles, and monthly radio shows to address identified topics.	3/1/13				
Secure funding to implement plan.	3/1/13				
Secure agreements with newspapers and radio stations to present programs.	4/1/13				
Secure space and dates/times to present face to face programs.	5/1/13				
Secure individuals to provide above indicated programs.	8/1/13				
Implement plan.	9/1/13				
Have plan in place to ensure ongoing creation of two year plans to include monthly community educational programs, monthly newspaper (hard copy and web) articles, and monthly radio shows to address identified topics.	2/1/14				

**Objective 3**

Average number of completed suicides per year will decline to 12 or fewer from 2012 - 2015.

**Baseline**

Based on data from the Fond du Lac County Medical Examiner's Office, average number 2002-2011 was 15.1; average number per year 2007 – 2011 was 15. Based on current Fond du Lac County population of 101,633 (US Census Bureau, 2010), and using data from 2007 – 2011 (15 suicides per year), Fond du Lac County suicide rate per 100,000 population is 14.8. US suicide rate is 12.0 (CDC, 2008), and Wisconsin rate is 12.8 (American Association for Suicidology, 2009).

**Activity 3a**

By 5/1/14 all County residences and identified professional gatekeepers have received screening tools (hard copy), or notified via a mailing regarding website where tools are posted. Tools are posted on dedicated or other website.

Activity	Timeframe	Resources Required	Lead	Anticipated Products or Results	Date Completed
Addresses of all FDL County residences obtained.	12/1/12				
List of professional gatekeepers developed.	12/1/12				

Web posting plan completed	3/1/13				
Screening tools chosen and protocol developed.	9/1/13				
Plan and funding secured for purchase, promotion, distribution and web posting.	12/1/13				
Screening tools purchased and received.	3/1/14				
All County residences and identified professional gatekeepers have received screening tools (hard copy), or notified via a mailing regarding website where tools are posted. Tools are posted on dedicated or other website.	5/1/14				
Plan in place to maintain current screening tools on website and keep gatekeepers updated regarding changes.	9/1/14				

### Activity 3b

100% of identified professional gatekeepers receive trauma informed care training by 4/1/18.

Activity	Timeframe	Resources Required	Lead	Anticipated Products or Results	Date Completed
List of professional gatekeepers developed.	12/1/12				
Determine content of training (face to face and website).	3/1/13				
Secure providers to provide training and resource to put training on website.	4/1/13				
Secure funding (trainers, space/refreshments, web designer).	4/1/13				
Arrange for training dates, times, locations and CEU's.	6/1/13				
Have promotion arranged.	7/1/13				
Begin promotion of training (for fall).	8/1/13				
Begin training (provide two trainings per year – fall and spring).	9/15/13				
Complete training.	4/1/18				

### Activity 3c

Develop and implement comprehensive crisis Intervention and community trauma response program for FDL County.

Activity	Timeframe	Resources Required	Lead	Anticipated Products or Results	Date Completed
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Clarify current gaps (awareness of current crisis line and walk-in service at Fond du Lac County DCP; in-person crisis resource for gatekeepers; short-term services to bridge gap between intake and ongoing treatment, community trauma response).	9/1/12				
Develop plan to address identified gaps.	2/1/13				
Identify resources (providers, promotional material, training) needed for plan.	5/1/13				
Secure funding for plan.	8/1/13				
Implement plan.	10/1/13				

### Activity 3d

Provide QPR training to community.

Activity	Timeframe	Resources Required	Lead	Anticipated Products or Results	Date Completed
Identify current trainers and prospective trainers.	11/1/12				
Secure funding to train trainers and purchase materials for training.	3/1/13				

Have all trainers trained.	8/1/13				
Determine dates/times and locations of training.	10/1/13				
Begin promotion of training.	1/1/14				
Complete 6 training sessions.	4/15/14				
Have plan in place to provide ongoing annual spring and fall training sessions.	10/1/14				

#### **Objective 4**

Average number of business days prior to first behavioral health appointment for both psychotherapy and psychiatric appointments will decrease by 20% by 2015.

#### **Baseline**

This data will be gathered for 6 – 9 months of the two largest providers of mental health services in Fond du Lac County. An average between the two of wait time for both psychotherapy and psychiatric services will be determined and this will be the baseline.

#### **Activity 4a**

By 6/1/13 all County residences and identified professional gatekeepers have received Resource Guide (hard copy), or notified via a mailing regarding website where guide is posted. Guide is posted on dedicated or other website.

Activity	Timeframe	Resources Required	Lead	Anticipated Products or Results	Date Completed
Addresses of all FDL County residences obtained.	12/1/12				
List of professional gatekeepers developed.	12/1/12				
Web posting plan completed.	2/1/13				

Resource Guide content is completed.	2/1/13				
Plan and funding secured for production, promotion, distribution and web posting.	3/1/13				
Resource Guide will be posted on dedicated or other website.	4/1/13				
All County residences and identified professional gatekeepers have received Resource Guide (hard copy), or notified via a mailing regarding website where guide is posted.	6/1/13				
Plan in place for ongoing updates and notification of gatekeepers of changes.	10/1/13				

#### **Activity 4b**

Improve purchaser and professional gatekeeper behavioral healthcare literacy.

Activity	Timeframe	Resources Required	Lead	Anticipated Products or Results	Date Completed
Finalize educational information to be presented to employers/brokers.	8/1/12				

Finalize presenters	8/1/12				
Secure funding for presentations and resource guide.	8/1/12				
Begin promotion of seminars and outreach to employers/brokers; utilize current business resources (i.e., FDL AC, etc.) to identify recipients of training and to assist in promotion.	8/15/12				
Provide educational seminars to employers (combined or on-site).	10/1/12				
Gather information from area employers regarding behavioral health benefits (deductibles, limits, etc.).	2/1/13				
Provide resource guide (hard copy) to professional gatekeepers summarizing behavioral health benefits.	3/1/13				
Provide educational seminars to employers (combined or on-site).	3/1/13				

Plan in place for two times per year (fall and spring) educational seminars to employers (combined or on-site).	9/1/13				
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#### Activity 4c

Develop and implement recruitment and retention of mental health providers.

Activity	Timeframe	Resources Required	Lead	Anticipated Products or Results	Date Completed
Identify Key group of stakeholders to address this issue.	2/1/13				
Identify current provider gaps.	6/1/13				
Identify key factors in recruiting and retaining identified providers.	11/1/13				
Develop plan to address key factors.	4/1/14				
Secure funding to implement plan.	9/1/14				
Implement plan.	10/1/14				

